

## ABSTRACT

The aim of this study was to gain a better understanding of what impact a therapists psychological wounds may have on the therapeutic process and the unfolding therapeutic relationship.

Four female Humanistic/Person-centred therapists agreed to take part in the study bringing a wealth of knowledge and a wide range of clinical experience to the study, recruited from various regions within the United Kingdom.

Data was gathered through qualitative semi-structured interviews within the broader framework of heuristic research approach.

The implications of the findings revealed if our psychological wounds are integrated fully into the 'self' this can be a source of knowledge and insight. To be effective, therapists need some understanding of their woundedness, their vulnerabilities, to facilitate their clients' healing and to prevent unrecognised wounds from blocking or contaminating the healing process.